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Epidemiology and clinical profile of breast cancer in central Nepal

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Abstract: In this study, our objective was to determine the epidemiological and clinical profile of different type of breast cancers. Different Literatures have highlighted the correlation between stage and age at diagnosis, size and age at diagnosis, correlations of different hormone receptor status with different age group etc. but precise documentation is lacking in Nepal.

Methods and materials: The study was conducted at department of medical oncology, Nepal cancer hospital and research center from Dec 2014 to June 2016 and 183 patients were enrolled. The collection of data was done from in-patient medical record files. A retrospective cross-sectional study was conducted. We enrolled all the patients who have been diagnosed with breast cancer and were registered at the hospital.

Results: Prevalence of breast cancer was 5.59 % (183) among 3270 cancer patients. Newar was the most affected ethnic group. The most frequent age group was 40 to 49. The most common symptom was mass in 80 % of patients. Stage II (49.1 %) was the most common stage at diagnosis. 83% of the patients had a tumor size of 2-5 cm with average size of 3.25 cm at presentation. Younger women with cancer had a strong correlation with ER-ve/PR-ve and Her-2/Neu+ve receptor status with $P < 0.05$. There was a high prevalence of Her2/neu +ve receptor status cancer in central Nepal.

Conclusion: Majority of patients were pre-menopausal, presenting with Stage II and III disease breast cancer. Disease is more aggressive and diagnosed at an advanced stage in younger women. Younger women had a strong correlation with ER-ve/PR-ve and her-2/neu +ve receptor status at the time of diagnosis. More studies to be done to understand correlation between ER/PR/HeR-2 receptor status, younger age and aggression of disease for the improvement of hormonal treatment options. Recommendation for Her-2/Neu receptor test should be done in every case of breast cancer, regardless of clinical profile.

Biography

Dr Shrestha has completed his M.B.B.S from B.P Koirala Institute of Health Sciences, Dharan, Nepal. His articles on different cancers, endocrinological diseases, gastrointestinal diseases, economy associated with health problems, etc. has been reviewed by the few renowned journals of South Asia and the United states. He is currently a member of Nepal Medical Association, Americal Medical Association, American Association of Physician and Nepal Medical Council. He is also an active member of Physician for Social Responsibility Nepal. He is also an ECFMG certified Doctor in US.

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